



You alone have the power to give your baby the best start in life. The power to forge a unique mother-child bond. The power to protect your baby from illness. By breastfeeding, you become your child's superhero. Breastfeeding: A true super power.

**Not just a
NEW mom,
a supermom**

breastfeeding:

It's enough to make you WONDER

"My mother formula fed her children. At the time it was the more socially acceptable way to feed your baby. So having never experienced breastfeeding herself she was skeptical when I told her I wanted to try it. She thought it was bizarre, assumed it would be difficult, doubted whether I would stick with it, and predicted great pain.

But in my gut I knew that breastfeeding was best. It was as natural as loving my baby.

My mother came to stay with me for five weeks following the delivery of my son. During that time I watched her transform from curious skeptic to pro-breastfeeding expert!

Mom watched me breastfeed with great interest. At first she wondered if breastfeeding would be painful. I wondered, too. There were some times during the first weeks when it was a challenge, but I kept telling myself to give it a full two weeks before making any decisions. I did. And after 14 days I felt great.

My mom wondered if my milk was rich enough—especially after she saw how thin it was. I wondered that too. But when I saw the way my son was growing, I knew my milk was better than gold even though it looked thinner than formula.

Mom wondered if I produced enough milk. Actually I wondered about that, too. But the happy, peaceful look on my son's face after breastfeeding assured me that a miracle was certainly happening. My body was supporting my son's growth in an amazing way. And I felt so proud.

Breastfeeding was a blessing to my son and me—we have a bond that continues to grow stronger every day. But it was also a blessing to my mother. She is proud of me for breastfeeding my son, her grandson. And she is such a strong supporter of breastfeeding now. In fact, she admitted that she wished she had breastfed her children too. In the end, breastfeeding not only strengthened the bond between me and my son but also between me and my mother."



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